

**Attachment 1**  
**AFSPEWAR Tier 2 OFT Guidance**

1. **INTRODUCTION AND PURPOSE.** All US Air Force Airmen must maintain a necessary level of physical fitness to meet the science-based standards of the Air Force Fitness Assessment. This assessment, referred to as a Tier 1 physical fitness test, is designed with health criterion standards to ensure Airmen are present for duty in good health and general fitness. However, a Tier 1 level of fitness does not reflect specific military task achievement. AFSPEWAR Airmen require operationally specific, operationally relevant (OSOR) physical fitness tests and standards based on mission-specific, physical duty requirements.
  - 1.1. AFSPEWAR career fields collaborated with the AF Exercise Science Unit to conduct a multi-step research and development process to produce OSOR physical fitness tests and standards. Embedded Human Performance subject matter experts were consulted to bridge exercise science with tactical relevance and complete the process. These Tier 2 requirements ensure AFSPEWAR Airmen have the necessary physical abilities to perform the critical physical tasks inherent to their operational duties. This document provides the guidance to conduct the AFSPEWAR Tier 2 Operator Fitness Test (OFT).
2. **TEST GUIDANCE.** The AFSPEWAR-specific, nine component Tier 2 OFT standards surpass Department of Defense Instruction (DoDI) 1308.3, *DOD Physical Fitness and Body Fat Programs Procedures* and AFMAN 36-2905, *Fitness Program* physical fitness, aerobic, and strength requirements. However, once published, Airmen must meet current AFMAN 36-2905 body composition guidance.
  - 2.1. Airmen with a 1ZXXX or 19ZXX duty AFSC must take the AFSPEWAR Tier 2 OFT once per calendar year. These Airmen must achieve a minimum component standard score for all components and a composite score of 78 or more on the 100 point test scale.
  - 2.2. The following sections describe the requirements to conduct each test component of the AFSPEWAR Tier 2 OFT. Fitness test administrators must complete the *Test Administrator Guidance* section prior to administering a test and must audibly read the protocol section verbatim to members taking the test.
3. **TEST EXECUTION.** Airmen must complete test components in the sequence prescribed on the same day. Once published, AFSPEWAR Airmen will also complete the requirements for the body composition program. Body composition is not required to be performed on the same day as the physical components of the OFT. Guidance for each component is provided in this document and must be followed by test administrators. **Note:** The 1500M swim is the primary exfiltration (exfil) event for all AFSPEWAR career fields. Commanders may choose to utilize the 1.5 mile dry exfil due to lack of facilities or extenuating circumstances. This option will be used sparingly and for no more than two consecutive years. The group commander is the decision authority for this event, delegable to squadron commander.
  - 3.1. Test administrators with questions please contact the following points of contact.  
AFSOC: Ms. Patricia Long at [patricia.long.2.ctr@us.af.mil](mailto:patricia.long.2.ctr@us.af.mil). ACC: Maj Jordan

**Attachment 1**  
**AFSPEWAR Tier 2 OFT Guidance**

Richardson at [jordan.richardson.2@us.af.mil](mailto:jordan.richardson.2@us.af.mil). Others MAJCOMS please contact your MAJCOM Functional Managers (MFMs). If unavailable please contact AF/A3S, SMSgt James Spreter at [james.spreter@us.af.mil](mailto:james.spreter@us.af.mil), Lt Col Aspen Guthrie at [aspen.guthrie@us.af.mil](mailto:aspen.guthrie@us.af.mil), or the AF/A3S org box at [AF.A3S.Workflow@us.af.mil](mailto:AF.A3S.Workflow@us.af.mil).

4. **TEST ADMINISTRATORS.** Test administrators will be American Red Cross Cardiopulmonary Resuscitation (CPR)/AED certified. Test administrators will be an AFSPEWAR strength and conditioning coach or an AFSPEWAR Airman who has successfully passed and completed the Tier 2 OFT AF Form 797 for test administration.  
**Note:** See Attachment 4, AF Form 797 Tier 2 OFT Job Qualification Standard (JQS).
- 4.1. Test administrators will ensure that facilities and equipment have been coordinated and prepared on test day (e.g., ruck route of march, pool for the fin assessment, route or track for the run assessment).
- 4.2. Prior to the test, ensure the following is communicated to all personnel:
  - 4.2.1. An alternate external defibrillator (AED) must be present during testing.
  - 4.2.2. Test will be terminated if there is a question of safety or if an injury occurs.
  - 4.2.3. Should an operator or staff member identify an injury that would be a contraindication to an event(s) skip the event(s) and write a short explanation(s) in the tracking sheet. Operators are encouraged to complete all events approved by Human Performance staff during the implementation period for data collection, taking special care not to further aggravate any existing injuries.
  - 4.2.4. All events will be conducted in field multi cam uniform (combat pants, combat top, boots), unless otherwise specified for an individual event.
  - 4.2.5. Operators are allowed a 10-20 Minute warm up period.
  - 4.2.6. Operators will take a mandatory, 30-minute recovery period after the tactical ruck assessment. All other events will have a recovery period consisting of a minimum of one-minute and a maximum of five minutes, unless otherwise specified for an individual event.
  - 4.2.7. All scores will be annotated on the AFSPEWAR Tier 2 OFT Score Sheet and uploaded into Airman Data Analysis and Performance Tracking System (ADAPTS). If ADAPTS is not available, scores will be input into the AFSPEWAR Tier 2 OFT Score Form (Excel spreadsheet) and submitted through MAJCOMs to AF/A3S for aggregation.

## Attachment 1 AFSPECWAR Tier 2 OFT Guidance

### Body Composition: InBody Assessment/Body Composition

**Purpose:** Measure Body Fat percentage (BF%) and Body Mass Index (BMI). If InBody is not available, once published, units may use USAF body composition in accordance with AFMAN 36-2905.

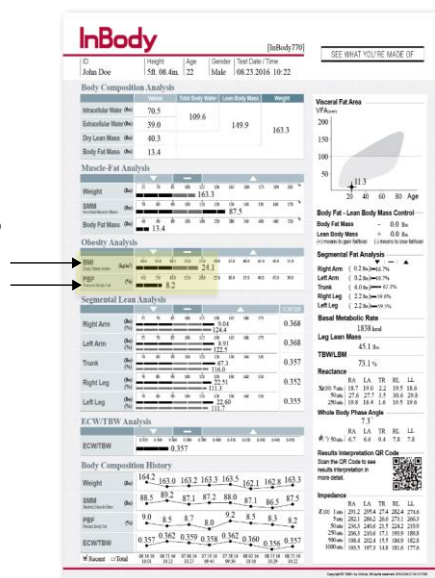
**Note:** InBody should be taken if available. Once published, the USAF body composition measurement is mandatory and must be conducted by an Air Force physical training leader and documented in Air Force Fitness Management System II.

**Tactical Relevance:** Tactical execution of the AFSPECWAR mission sets require optimal body composition for sustained operations and injury prevention.

### Test Administrator Guidance:

1. Test Administrators must conduct the body composition measurement once published up to two weeks or one regularly scheduled drill (RSD) prior to administering the AFSPECWAR Tier 2 OFT. Personnel must meet current AFMAN 36-2905 USAF body composition.
2. Due to risk of dehydration and low blood sugar, it is NOT recommended to do the InBody assessment the same day as the athletic components.
3. Complete assessment in the morning in a rested and fasted state. Operators should fast two hours prior to InBody conducted. **Note:** Operators should refrain from fasting before the physical components of this assessment.
4. Provide body composition once published in accordance with AFMAN 36-2905 within AFFMS.
5. Debrief operator on results.

BMI  
BF%



**Attachment 1**  
**AFSPECCWAR Tier 2 OFT Guidance**

**Infil: Tactical Ruck (3 mile; 60lbs dry weight)**

**Test Administrator Guidance (do not read to member):**

1. Prepare Course: establish route of march (accurate and as level/even as possible)
2. Provide and brief course diagram
3. Weigh and record rucks before and after completion (dry weight) - ensure each ruck is >60lbs
4. Establish turn around marker (if needed) and support team to ensure operator compliance
5. Utilize two (2) stop watches for redundancy
6. Recovery period of 30 minutes following ruck

**Equipment:** Establish a standard course of distance (as level and even as possible), stopwatch, and a ruck weighing a total of 60lbs (dry) for each member.

**Test Administrator script (read all of the following; ensure the route of march is briefed):**

**Event:** Tactical Ruck Infiltration, 3 miles with 60 pound ruck

**Purpose:** Measure cardio-respiratory endurance

**Tactical Relevance:** Tactical infiltration and dismounted operations require load carriage skills

**Protocol:**

1. The ruck is pass/fail event with a forty-nine (49) minute maximum allowable time
2. This event is individual effort with no physical assistance from anyone or anything
3. Running is highly discouraged due to the increased risk of injury (primarily lower extremity)
4. Operators must remain on the designated course for the entire distance
5. Operators will wear tactical boots, combat pants, and top
6. Reflective belts are encouraged during low light execution
7. Wrist watches are permitted and recommended for pacing

**Attachment 1**  
**AFSPECCWAR Tier 2 OFT Guidance**

**Standing Long Jump**

**Test Administrator Guidance (do not read to member):**

1. Prepare area: Tape start line on non-slip surface; run measuring tape perpendicular to the start line
2. Record all three (3) trials; the best of three (3) trials is scored. All trials are not required if member achieves desired score prior to last attempt
3. Minimum of 1 minute and maximum five-minute recovery period after completion of event

**Equipment:** Standard tape measure or testing mat to measure horizontal distance jumped; flat nonslip testing surface.

**Test Administrator Script (read all following):**

**Event:** Standing Long Jump

**Purpose:** Measure lower body explosive power

**Tactical Relevance:** Quickly moving heavy equipment or personnel in a tactical environment requires power generation

**Protocol:**

1. Operator will space feet at a comfortable distance apart with toes behind the start line.
2. Operator should “toe the line” without going over the edge at the start. The distance from the marked start line to the back of the heel after jump is measured.
3. Countermovement prior to jumping is authorized.
4. Jump and hold the landing to allow the distance to be marked.
5. No additional steps, falling backwards, or to the side will count; falling forward is authorized if the forefeet stay planted and heels rise.
6. Perform three (3) trials with a recommended one minute minimum and five minute maximum rest for recovery between trials.
7. All trials are not required if member achieves desired score prior to last attempt.

**Attachment 1**  
**AFSPECCWAR Tier 2 OFT Guidance**

**Pro Agility Drill**

**Test Administrator Guidance (do not read to member):**

1. Prepare Field: set three (3) cones at 5 yard intervals on flat, non-slip surface
2. Utilize two (2) stop watches for redundancy
3. One (1) trial per direction is mandatory, but two (2) trials are recommended. All trials are not required if member achieves desired score prior to last attempt.
4. Record the best time to the nearest tenth of a second
5. Lines should be taped between field marking cones if possible
6. Minimum of 1 minute and maximum 5 minute recovery period after completion of event

**Equipment:** Flat, non-slip surface, measure wheel or tape measure, field-marking cones, marking tape and stopwatches.

**Test Administrator Script (read all following to member):**

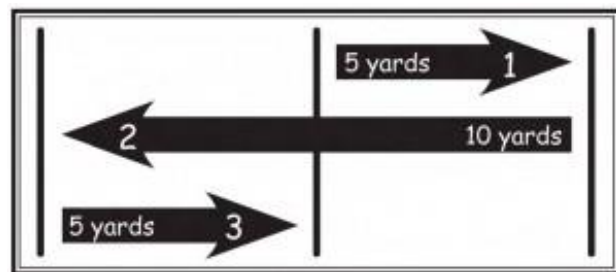
**Event:** Pro Agility Drill

**Purpose:** Measure agility, coordination, and reaction time

**Tactical Relevance:** Reacting to enemy contact requires rapid acceleration, change of direction, and mobility

**Protocol** (Read event, purpose, tactical relevance and the following):

1. Participant readies themselves in a 3-point position on the start-line facing perpendicular to direction of travel, with feet shoulder width apart and placed equally either side of the line or behind cone. The hand in contact with the floor during the 3-point position determines which direction the athlete must travel. For example, if the participant is going right, then they will start with their right hand on the start-line.
2. Sprint 5 yards to the 1st cone (on either the left or right side), change direction and run 10 yards to the 2nd cone, change direction and run back past the start cone.
3. The operator's hand must touch the line every time except final sprint through final cone.
4. Time starts at operator's first movement and stops when the operator passes the middle cone.



**Attachment 1**  
**AFSPECWAR Tier 2 OFT Guidance**

**Trap Bar Deadlift (3 rep max)**

**Test Administrator Guidance (do not read to member):**

1. Prepare Equipment: establish multiple hex bar stations with varying weight
2. Have operators measure mid shin height for selection of low/high grip
3. Report highest successful 3 RM weight lifted
4. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden
5. Minimum of 1 minute and maximum 5 minute recovery period after completion of event

**Equipment:** Trap Bar (Hex Bar), weight plates, collars, chalk.

**Test Administrator Script (read all following to member):**

**Event:** Trap Bar Deadlift 3 Rep Max

**Purpose:** Measure grip and lower body muscular strength.

**Tactical Relevance:** Sustained movement of heavy equipment or personnel in a tactical environment requires muscular strength.

**Protocol:**

1. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden.
2. Operators stand inside the hex bar and grasp handles so that bar is at mid shins - arms should be fully extended.
3. Operators will have a neutral spine or flat back with the chest held up and out.
4. The head should be in line with the spinal column or slightly hyperextended, heels in contact with the floor, and eyes focused straight ahead or slightly upward.
5. All repetitions will begin from this position.
6. Stand up and lift the bar by extending hips and knees; (\*\*do not let hips rise before your shoulders\*\*); maintain a flat-back; continue to extend until the hips and knees are straight.
7. There should be slight pause at the top of this movement.
8. Allow your hips and knees to flex as you slowly lower the bar to the floor; maintain your flat-back body position; (\*\*do not lean forward\*\*).
9. Trap bar must touch floor before you begin the next repetition.
10. If desired score is reached prior to final attempt, further attempts are not required.

**Attachment 1**  
**AFSPECCWAR Tier 2 OFT Guidance**

**Pull-Ups (max reps)**

**Test Administrator Guidance (do not read to member):**

1. Prepare Equipment: provide pull up bars accessible by operators of various heights
2. Report final count of successful repetitions
3. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden
4. Minimum of 1 minute and maximum 5 minute recovery period after completion of event

**Equipment:** Standard pull-up bar

**Test Administrator Script:** (read all following to member)

**Event:** Pull Ups

**Purpose:** Measure upper body muscular endurance.

**Tactical Relevance:** Conducting methods of infil/exfil and actions on the objective that require vertical movement.

**Protocol:**

1. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden.
2. Operators start from the hanging position (“dead hang”) with palms facing away from the body, hands placed shoulder- width apart, and no bend in the elbows.
3. Operators must pull their body up until the chin breaks the horizontal plane of the bar.
4. Operators must return to the starting position (“dead hang”) before starting the next repetition.
5. One (1) warning will be given for improper form; the second (2) warning will result in an uncounted repetition.
6. Legs may bend but cannot be kicked or used in any way to aid upward movement (no kipping).
7. Falling off or letting go of the bar terminates the test.
8. Chin ups may not be conducted in place of pull ups.



**Attachment 1**  
**AFSPECWAR Tier 2 OFT Guidance**

**Farmer's Carry (1x100 yards)**

**Test Administrator Guidance (do not read to member):**

1. Prepare Field: set four (4) cones; two (2) cones indicating the start line and two (2) cones indicating the finish line 100 yards apart on flat, non-slip surface
2. Utilize two (2) stop watches for redundancy
3. Record time to the nearest tenth of a second
4. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden
5. Minimum of 1 minute and maximum 5 minute recovery period after completion of event

**Equipment:** Stopwatch, flat nonslip 100yd course marked with tape or cones at each end and 53 lbs kettlebells for each hand (2 kettlebells per member).

**Test Administrator Script:** (read all following to member)

**Event:** Farmer's Carry (1x100 yards)

**Purpose:** Measure anaerobic power and grip strength.

**Tactical Relevance:** Reacting to enemy contact while maintaining positive control of equipment or personnel requires a high anaerobic threshold.

**Protocol:**

1. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden.
2. Starting position is standing between two kettlebells positioned behind the starting line.
3. Squat down between the two (2) 53lb kettlebells, grasp the handles in each hand and prepare to start.
4. Time starts at operator's first movement.
5. Move forward as quickly as possible with 53lb kettlebells in each hand for 100 yds.

**Attachment 1**  
**AFSPECWAR Tier 2 OFT Guidance**

**Shuttle Run Repeat (2x300 yard sprint)**

**Test Administrator Guidance (do not read to member):**

1. Prepare Field: set four (4) cones; two (2) cones indicating the start line and two (2) cones indicating the finish line 25 yards apart on flat, non-slip surface
2. Report both trial times but use the fastest for scoring
3. Minimum of 1 minute and maximum 5 minute recovery period between trials

**Equipment:** Stopwatch, flat nonslip 25 yd (23 m) course marked with tape or cones at each end.

**Test Administrator Script (read all following to member):**

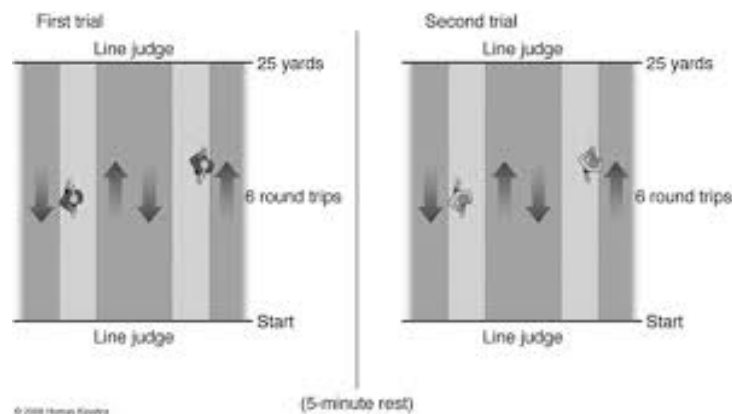
**Event:** Shuttle Run Repeat (2x300 yard sprint)

**Purpose:** Measure anaerobic and aerobic capacity.

**Tactical Relevance:** Reacting to enemy contact or conducting dismounted movements in adverse terrain requiring high anaerobic and aerobic thresholds.

**Protocol:**

1. Starting position is standing behind the starting line.
2. Time starts on the first movement of the operator.
3. Sprint to the 25 yd line and touch the line with one foot, then turn to sprint back to the starting line and repeat for six total round trips. Sprint through the finish line on final lap.
4. Operator must perform this test twice.
5. There is a minimum of 1 minute and a maximum of 5 minutes recovery between trials.



**Attachment 1**  
**AFSPECCWAR Tier 2 OFT Guidance**

**Exfil: Combat Fin (1500M Combat Stroke)**

**Test Administrator Guidance (do not read to member):**

1. Prepare Pool: determine number of laps for 1500M distance and set lane lines for safety
2. Establish counter for each lane of swimmers
3. Report final time

**Equipment:** Mask or goggles, booties, and fins (snorkel is optional). Pool or open water conducted in combat pants and top.

**Test Administrator Script (read all following to member):**

**Event:** Exfil: 1500m Combat Fin

**Purpose:** Measure cardio-respiratory endurance and combat swimmer skill.

**Tactical Relevance:** Maritime surface and subsurface movement requires muscular strength and endurance associated with combat swimming techniques.

**Protocol:**

1. Operators will wear combat top and bottoms for entire event (fins, mask/goggles are mandatory; snorkel optional).
2. Operators will push off the wall on the command "Go" and begin your combat swimmer fin.
3. Use side stroke, combat side stroke, or lead arm trail arm to complete the distance.
4. Push off is allowed at each turn.
5. Continue swimming until you complete the required distance.

**Attachment 1**  
**AFSPECCWAR Tier 2 OFT Guidance**

**Dry Exfil: Combat Run (1.5Mi)**

*(Authorized by Unit/CC only if pools are unavailable)*

**Test Administrator Guidance (do not read to member):**

1. Prepare Equipment: flat, level, non-banked course free of dirt and debris
2. Measure course or track
3. Establish counter to call out lap split times (interval and placement at administrator discretion)
4. Record finish time in minutes and seconds

**Equipment:** Running Shoes required; 1.5 mile level, non-slip course; stopwatches. This event is conducted in a field uniform.

**Test Administrator Script (read all following to member):**

**Event:** Dry Exfil, 1.5 Mile Combat Run

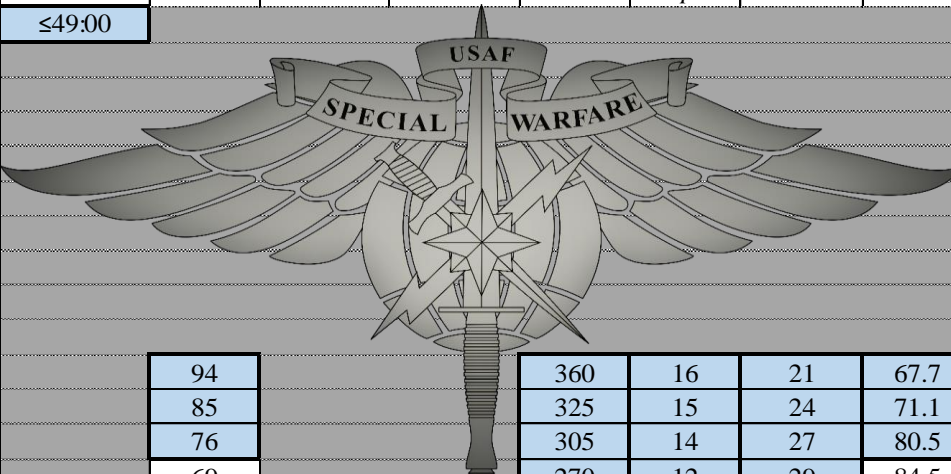
**Purpose:** Measure cardio-respiratory endurance.

**Tactical Relevance:** Evaluates the cardiovascular endurance and ability to continue movement after mission execution.

**Protocol:**

1. Operators will wear combat top, bottom, and running shoes for entire event.
2. Line up on the start line. On the command “runners to your mark,” move up to the start line; on the command “go,” start the test.
3. You are not permitted physical assistance from anyone or anything.
4. You must stay on the marked course.
5. Keep running until required distance is complete.

**Attachment 1**  
**AFSPECWAR Tier 2 OFT Guidance**

AFSPECWAR OFT SCORES											
AFSPECWAR OPERATOR	Infil: Tactical Ruck 3mi/60lbs	Standing Long Jump	Pro Agility Drill (Right)	Pro Agility Drill (Left)	Trap Bar Deadlift	Pull Ups	Farmer's Carry 2x 53lb kb	Shuttle Run repeat	Combat Fin 1500M	Or	Combat Run 1.5mi
Score	mins secs	inches	Secs	secs	lbs	reps	secs	secs	mins secs		mins secs
20	≤49:00								34:37		10:10
19									36:21		10:33
18									38:10		10:59
17									40:04		11:31
16									42:50		12:17
15									44:11		12:42
14									46:23		12:59
13									48:43		
12									51:09		
11									53:42		
10		94				360	16	21	67.7		
9		85				325	15	24	71.1		
8		76				305	14	27	80.5		
7		69				270	12	29	84.5		
6		62				240	10	33	86.1		
5		50	4.99	4.99	205	9	36	90.3	1:11:58		
4		42	5.24	5.24	170	8	39	94.5	1:15:34		
3		34	5.50	5.50	135	7	43	99.8	1:19:21		
2		25	5.78	5.78	105	5	48	105.0	1:23:19		
1		17	6.07	6.07	70	3	52	110.3	1:27:28		
Minimum Component Score Highlighted in Blue						Minimum Composite Score is 78pts					

**Attachment 2**  
**AFSPECWAR Tier 2 OFT Score Sheet**

**AFSPECWAR Tier 2 Operator Fitness Test**

Name:	Rank:	Age:	Unit:
Administrator:		Wx:	Test Date:
<b>TEST RESULTS:</b>			
<b>Body Composition: InBody Assessment (&lt;2 weeks prior)</b>			
<i>rested/fasted state</i>	Body Fat %:		
	BMI:		
<b>Infil: Tactical Ruck / 3 mile / &gt;60lbs (mins:secs)</b>			<b>Pass/Fail</b>
<i>no running</i>	Dry Wt	<div style="border: 1px solid black; width: 50px; height: 20px;"></div>	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> <small>minimum 49:00</small>
<i>watches recommended</i>	Time	<div style="border: 1px solid black; width: 50px; height: 20px;"></div>	
<i>Rest 30 minutes maximum</i>			
<b>Standing Long Jump (inches)</b>	Trial 1	Trial 2	Trial 3
<i>feet remain planted upon landing</i>	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> "	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> "	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> " <small>minimum 8pts</small>
<i>Rest 1 minute minimum / 5 minutes maximum</i>			
<b>Pro Agility Drill (secs.tenths)</b>	Trial 1	Trial 2	<b>Points</b>
<i>hand touches line every turn</i>	Left <div style="border: 1px solid black; width: 50px; height: 20px;"></div> secs	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> secs	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> <small>minimum 3pts</small>
	Right <div style="border: 1px solid black; width: 50px; height: 20px;"></div> secs	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> secs	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> <small>minimum 3pts</small>
<i>Rest 1 minute minimum / 5 minutes maximum</i>			
<b>Trap Bar Deadlift (3RM)</b>	Trial 1	Trial 2	Trial 3
<i>3 reps or until technical failure</i>	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> lbs	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> lbs	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> lbs <small>minimum 6pts</small>
<i>Rest 1 minute minimum / 5 minutes maximum</i>			
<b>Pull Ups (max reps)</b>			<b>Points</b>
<i>max reps until technical failure</i>	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> reps		<div style="border: 1px solid black; width: 50px; height: 20px;"></div> <small>minimum 8pts</small>
<i>Rest 1 minute minimum / 5 minutes maximum</i>			
<b>Farmer's Carry / 100 yards / 2x53lb KBs (secs)</b>			<b>Points</b>
<i>split course to 2x50yards if needed</i>	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> secs		<div style="border: 1px solid black; width: 50px; height: 20px;"></div> <small>minimum 7pts</small>
<i>Rest 1 minute minimum / 5 minutes maximum</i>			
<b>Shuttle Run Repeat / 2x300 yards (secs)</b>	Trial 1	Rest	Trial 2
<i>average time for score</i>	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> secs	5 min	<div style="border: 1px solid black; width: 50px; height: 20px;"></div> secs <small>minimum 8pts</small>
<i>Rest 15 minute minimum / 30 minutes maximum</i>			
<b>Exfil: Combat Fin /1500M or Dry Exfil: 1.5 mi combat run (mins:secs)</b>			<b>Points</b>
<i>leading arm or recovery stroke only for swim</i>	<div style="border: 1px solid black; width: 50px; height: 20px;"></div>		<div style="border: 1px solid black; width: 50px; height: 20px;"></div> <small>minimum 17pts</small>
<b>Total Score</b>			<div style="border: 1px solid black; width: 50px; height: 20px;"></div> <small>minimum 77pts</small>
Operator's Signature			
Administrator's Signature			

**Attachment 3**  
**AFSPECWAR Tier 2 OFT JQS Standards**

JOB QUALIFICATION STANDARD CONTINUATION/COMMAND JQS							
CRITICAL TASK	TASK NUMBER	TASKS, KNOWLEDGE AND TECHNICAL REFERENCES	CERTIFICATION				
			START DATE	COMPLETION DATE	TRAINEE'S INITIALS	TRAINER'S INITIALS	CERTIFIER'S INITIALS (IF REQUIRED)
<input type="checkbox"/>	1.	Tactical Ruck March Administration					
<input type="checkbox"/>	2.	Standing Long Jump Administration					
<input type="checkbox"/>	3.	Pro Agility Drill Administration					
<input type="checkbox"/>	4.	Trap Bar Deadlift Administration					
<input type="checkbox"/>	5.	Pull-Ups Administration					
<input type="checkbox"/>	6.	Farmer's Carry Administration					
<input type="checkbox"/>	7.	Shuttle Run Repeat Administration					
<input type="checkbox"/>	8.	Combat Fin Administration					
<input type="checkbox"/>	9.	Combat Run Administration					
<input type="checkbox"/>	10.	ARC (American Red Cross), CPR (Cardiopulmonary Resuscitation), AED (Automated External Defibrillator) certification					
<input type="checkbox"/>	11.	InBody introduction (only necessary for units utilizing InBody system)					
<input type="checkbox"/>							
TRAINEE NAME				CFETP/JQS NUMBER		PAGE NO.	

**AF IMT 797, 20020801, V3**

PREVIOUS EDITIONS ARE OBSOLETE